

Dear Taekwondo Family,

This manual is dedicated to all the instructors and students. Over the years that our school has been open, many of you have requested written information ranging from the correct Korean names for different stances, blocks, and punches to the origins of Taekwondo itself. I have designed this manual to help answer your questions. It should be used as a reference guide and should help in both learning and teaching Taekwondo.

Taekwondo is the most popular martial art in the world. It was a demonstration sport at the 1988 Summer Olympics in Seoul, Korea as well as the 1992 Summer Olympics in Barcelona, Spain. Beginning with the 2000 Summer Olympics in Sydney, Australia it is a full medal sport, one of only two martial arts to have this honorable distinction.

Taekwondo has rapidly grown in popularity through the years due to the immense benefits it provides. Many of my students have found greater self-confidence, physical and mental discipline, and improved health as a result of their training. I hope you will all benefit from Taekwondo as I have through the years.

Sincerely,

Master Jung Woo Kim



Master J.W. Kim was born in Seoul, South Korea and moved to Sao Paulo, Brazil a few years later where he started in Taekwondo at age 4. Over the next years he proceeded to win many of the prestigious tournaments and became a well known competitor. Ever since he achieved his black belt, he has been actively involved in teaching and coaching Taekwondo.

Being accepted at New York University, Master Kim left Brazil to go to New York City at age 18. In only 3 years, he learned English and received a degree in economics. Master Kim is also multilingual.

After graduation, Master Kim went on to open J.W. Kim Taekwondo in Greenwood Village, Colorado. Since 1995, J.W. Kim Taekwondo has become one of the largest operations in martial arts in Colorado and has started affiliate programs in Palo Alto, CA, Denver, CO, Highlands Ranch, CO, and Castle Pines, CO. Master Kim has also graduated over 500 students to the level of black belt.

- 7th degree black belt- Kukkiwon Certified (2010)
- Former V.P of Colorado Taekwondo Association (1999-2002)
- September 20th is official J.W. Kim day proclaimed by Denver's Mayor Wellington Webb.
- Presidential Sports Award from President Bill Clinton in 1996.
- Coach of many National and International champions
- Special commendation from Kukkiwon President Woo Kyu Uhm for Master Kim's unlimited efforts of self sacrifice to bring about the popularization of the sport Taekwondo (2004)

Other martial arts experience: Hapkido and Brazilian JiuJitsu

Our instructors set J.W. Kim Taekwondo apart from many schools. We truly believe that the instructors you train with here really are some of the best. Not only because they've competed in and won numerous state, national, and international tournaments or because they're physically capable, but also possess many intangibles that our students value. We realize that just because you can perform well does not guarantee you can teach well.

Our instructors all came to J.W. Kim Taekwondo for different reasons; some came for exercise, some for confidence, some for self-defense, and some for focus and self-discipline. Whatever the reason for beginning Taekwondo, they have all been personally and positively influenced by this Korean art. While all of our instructors have different personalities, one thing they all have in common is their love for Taekwondo and a passion to share the experience with as many other people as possible.

Leadership is one intangible that we value in our instructors. Prior to earning their black uniforms, our instructors complete the STORM Team leadership program for at least two years. Our STORM team leadership program teaches team members how to teach students of all age and ability levels.

Active citizenship is another characteristic that sets our instructors apart. All of our instructors exemplify the five Tenets of Taekwondo: Courtesy, Integrity, Perseverance, Indomitable Spirit, and Self-Control. Furthermore, many of our instructors regularly engage in community service such as volunteering in hospitals, homeless shelters, veteran's associations, and poverty relief programs.

Academic prioritization is also important to our instructors. We expect J.W. Kim instructors to have a minimum of a 3.0 GPA, however, many of our instructors exceed those expectations. Our younger instructors often receive high accolades in high school and continue on to attend college. Our older instructors all have college degrees and many graduated from college with honors.

Additionally, all of our instructors are well rounded. While Taekwondo is a huge component of their lives, it is not the sole component. They all excel at areas outside of the Dojang. Whether it's raising a family, academics, business interests, charity work, athletics, technology, art, or other hobbies, they all believe that it is important to be well balanced and accumulate a variety of skills and interests to lead a truly fulfilling life.

Lastly, all of our instructors are hungry to learn more. They lean heavily on Master Kim, each other, and, most importantly, our students to push us to continue learning and perfecting our technique and instruction skills.

All schools claim to have good instructors. But ask them, what makes your instructors better than other schools? Few can respond with the exceptional combination of martial arts accomplishments and life accomplishments. Our instructors are all well trained, educated, motivated, and positive people. Being able to teach and share these skills and experiences is what makes our instructors J. W. Kim instructors.

Taekwondo is a **Korean martial art that began over 2000 years ago**. Archaeologists have found drawings on the walls of ancient tombs that show men practicing different blocks and punches. The existence of these murals allows historians to date the origins of what we now call Taekwondo to around 50 BC.

In ancient times, Korea was divided into 3 kingdoms: **Koguryo, Paekje, and Silla. Silla later unified the three kingdoms** after winning the war against Paekje in 668 AD and Koguryo in 670 AD. **The Hwa Rang Do** helped in this unification. The Hwa Rang Do was an elite group of young noble men who devoted themselves to improving both their minds and bodies to better serve their **kingdom of Silla**. The **Hwa Rang Do** had an honor code and practiced various forms of martial arts, including Tae Kyon and Soo Bakh Do. These forms of martial arts are the origins of what we call Taekwondo today. Additionally, the honor code practiced by the Hwa Rang Do is the philosophical basis of modern Taekwondo.

Many years of peace followed the unification of the 3 kingdoms and allowed the people of Korea to learn and practice these martial arts.

Unfortunately, in 1909 the Japanese invaded Korea and forbid the practice of their martial art, that was then being called Soo Bak. Fortunately, people continued to practice Soo Bak in secret.

At the end of WWII, when Japan was driven from Korea, several different styles of martial arts began to develop. **A style or school of martial arts was called a "Kwan"**. Some of the different Kwans that developed were "Chung Do Kwan", "Moo Duk Kwan", "Yun Moo Kwan", and "Ji Do Kwan". Although they were similar in many ways, there were small differences. **There was no unified way to bow, punch, kick, or compete**. Eventually, the leaders of the separate kwans agreed that the different styles needed to unite in order to grow.

**In 1955 the kwans unified and in 1957 the name Taekwondo was adopted**. In 1973, the World Taekwondo Federation (WTF) was founded and in 1980 the International Olympic Committee (IOC) recognized the WTF. The 1988 & 1992 Summer Olympics presented Taekwondo as a demonstration sport and **beginning with the 2000 Summer Olympics** in Sydney, Australia **Taekwondo has joined Judo as the only two martial arts to be recognized by the IOC**.

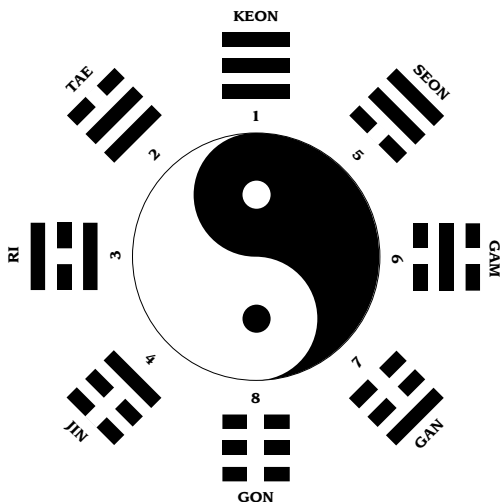
A **poomse** is the Korean word for a form. All students of Taekwondo are required to learn certain forms. As students of the WTF style of Taekwondo you will learn Taegeuk Poomse. The Taegeuk forms of Taekwondo are paradigms of the martial art. They contain the basic physical movements and also the philosophical thoughts from which the art was derived.

Literally, **“Tae”** means **bigness** and **“geuk”** means **eternity**. Combined **Taegeuk** means **“great eternity”**. The **8 patterns** of the Taegeuk forms derive their meanings from the basic tenets of the orient’s oldest philosophical work, **The Book of Changes**. Koreans call this book Jooyeok. In the Book of Changes the universe is divided into eight subsequent combinations derived from the major forces of the universe, Yin and Yang. **Yin is the ultimate creative power** and **Yang is the ultimate receptive power**.

Each combination is represented by a symbol called a trigram, because it contains three lines. As the figure on the following page demonstrates, the 8 trigrams are arranged in a circle around the symbol for Yin and Yang. Opposite pairs are positioned across the circle from one another, to represent the interdependent polarities that compose the universe.

The following chart denotes the eight forms of Taekwondo and their meanings:

1. Taegeuk Il Jang	Keon	Heaven & Light
2. Taegeuk Yi Jang	Tae	Joy
3. Taegeuk Sam Jang	Ri	Fire & Clarity
4. Taegeuk Sa Jang	Jin	Thunder
5. Taegeuk Oh Jang	Seon	Wind
6. Taegeuk Yook Jang	Gam	Water
7. Taegeuk Chil Jang	Gan	Mountain
8. Taegeuk Pal Jang	Gon	Earth



**Together these concepts and symbols represent the balance of all nature.** In the training of Taekwondo, as in life, we hope to find this balance. The poomse carry with them not only the physical movements but also the meaning of Taekwondo.



**The following should be considered while performing forms:**

1. Form should begin and end at exactly the same spot. This indicates the performer's accuracy.
2. Correct posture and facing must be maintained at all times.
3. Muscles of the body should be either tensed or relaxed at the proper critical moments in the exercise.
4. The exercise should be performed in a rhythmic movement with an absence of stiffness.
5. Movement should be accelerated or decelerated according to the instructions in this book.
6. Each pattern should be perfected before moving to the next.
7. Students should know the purpose of each movement.
8. Students should perform each movement with realism.
9. Attack and defense techniques should be equally distributed among right and left hands and feet.

## WTF STYLE (OLYMPIC STYLE)

1. **TAEGEUK IL JANG** – Heaven and light.
2. **TAEGEUK YI JANG** – Joy.
3. **TAEGEUK SAM JANG** – Fire and clarity.
4. **TAEGEUK SA JANG** – Thunder.
5. **TAEGEUK OH JANG** – Wind.
6. **TAEGEUK YUK JANG** – Water.
7. **TAEGEUK CHIL JANG** – Mountains.
8. **TAEGEUK PAL JANG** – Earth.
9. **KORYO** – Named after an old Korean Dynasty. The people from the Goryeo defeated the Mongolian aggressors. It is intended that their spirit is reflected in the movements of the Poomsae Koryo. Each movement of this Poomsae represents the strength and energy needed to control the Mongols.
10. **KEUMGANG** – Means "diamond," symbolizing hardness. Keumgang is also the name of the most beautiful mountain in Korea, as well as the Kuemgang warrior, named by Buddha. Thus, the themes of hardness, beauty, and pondering permeate this Poomsae.
11. **TAEBEK** – Translates to "lightness". Every movement in this Poomsae is intended to be not only be exact and fast, but with determination and hardness resembling the mountain Baekdoo, the origin of the nation of Korea.
12. **PYONGWON** – Translates roughly to 'vast plain'. The plain is a source of sustaining the human life and, on the other hand, a great open plain stretching out endlessly gives us a feeling of majesty that is different from what we feel with a mountain or the sea.

## ITF STYLE

1. **CHONJI** – Means literally "the Heaven the Earth". It is, in the Orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts; one to represent the Heaven and the other the Earth.
2. **DANGUN** – Named after the holy Dan-Gun, the legendary founder of Korea in the year of 2,333 B.C.
3. **DOSAN** – Pseudonym of the patriot Ahn Chang-Ho (1876-1938) The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.
4. **WONHYO** – Noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D.
5. **YULGOK** – Pseudonym of a great philosopher and scholar Yi I (1536-1584) nicknamed the "Confucius of Korea" The 38 movements of this pattern refer to his birthplace on 38 latitude, and the diagram represents "scholar".
6. **JOONGGUN** – Named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr. Ahn's age when he was executed in a Lui-Shung prison (1910).
7. **TOIGYE** – Pen name of the noted scholar Yi Hwang (16th century), an authority on neo Confucianism. The 37 movements of the pattern refer to his birthplace on 37 latitude, and the diagram represents "scholar".
8. **HWARANG** – Named after the Hwa-Rang youth group, which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Taekwon-Do developed into maturity.
9. **CHOONGMOO** – Named after the great Admiral Yi Soon-Sin of the Lee Dynasty. He was reputed to have invented the first armored battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason why this pattern ends with a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.
10. **KWANGGAE** – Named after the famous Kwang-Gae-Toh-Wang, the 19th King of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram represents the expansion and recovery of lost territory. The 39 movements refer to the first 39 figures of 391 A. D., the year he came to the throne.
11. **POEUN** – Pseudonym of a loyal subject Chong Mong-Chu (1400) who was a famous poet and whose poem "I would not serve a second master though I might be crucified a hundred times" is known to every Korean. He was also a pioneer in the field of physics. The diagram represents his unerring loyalty to the king and country towards the end of the Koryo Dynasty.
12. **GE BAEK** – Named after Ge Baek, a great general in the Baek Je Dynasty (660 AD). The diagram represents his severe and strict military discipline.

1. Arrive early for class.
2. Always bring your attendance card into class.
3. Attend twice a week.
4. Students must bow to the Master Instructor, the flags, and all black belts when entering or leaving the Dojang.
5. Never bring food, gum or drinks into the Dojang.
6. Always wear a clean and neat Dobak (uniform).
7. Tie your belt correctly.
8. Never climb on the kicking bags.
9. Never use bad language or insult another student.
10. Help keep the Dojang neat and orderly.
11. Do not engage in rough play before or after class.

## Tenets of Taekwondo

1. Courtesy
2. Integrity
3. Perseverance
4. Indomitable Spirit
5. Self Control

## The Taekwondo Oath

1. Observe the Tenets of Taekwondo
2. Respect my instructor and senior belts
3. Never misuse Taekwondo
4. Build a more peaceful world
5. Be a champion of freedom and justice

## Commands

Charyot	Attention
Kukke Yea Deehayo	To the Flag
Kwanjang Neem	To the Head Master
Sabumnim Kye	To the Master (4th to 6th degree)
Kyosanim Kye	To the Instructor (1st to 3rd degree)
Kyunyeah	Bow
Kamsa Habneeda	Thank You Very Much
Heecho	Dismissed

## How to Address Senior Belts

“Kwanjang Neem” – Head Master

“Sabumnim” – Master Instructor – 4th degree Black Belt or Higher

“Kyosanim” – Instructor – 1st to 3rd degree Black Belt

When you are at the school, you must always address all senior belts as Sir or Ma'am.

All questions are to be answered Yes or No Sir/Ma'am.

<b>NUMBER</b>	<b>ENGLISH</b>	<b>KOREAN</b>
1	One	Hana
2	Two	Dule
3	Three	Set
4	Four	Net
5	Five	Dasot
6	Six	Yosot
7	Seven	Il gob
8	Eight	Yo dul
9	Nine	Ahop
10	Ten	Yul
11	Eleven	Yul hana
12	Twelve	Yul dule
13	Thirteen	Yul set
14	Fourteen	Yul net
15	Fifteen	Yul dasot
16	Sixteen	Yul yosot
17	Seventeen	Yul il gob
18	Eighteen	Yul yo dul
19	Nineteen	Yul ahop
20	Twenty	Sumul

<b>NUMBER</b>	<b>ENGLISH</b>	<b>KOREAN</b>
21	Twenty one	Sumul hana
22	Twenty two	Sumul dule
23	Twenty three	Sumul set
24	Twenty four	Sumul net
25	Twenty five	Sumul dasot
26	Twenty six	Sumul yosot
27	Twenty seven	Sumul il gob
28	Twenty eight	Sumul yo dul
29	Twenty nine	Sumul ahop
30	Thirty	Sarun
31	Thirty One	Sarun hana
32	Thirty Two	Sarun dule
33	Thirty Three	Sarun set
34	Thirty Four	Sarun net
35	Thirty Five	Sarun dasot
36	Thirty Six	Sarun yosot
37	Thirty Seven	Sarun il gob
38	Thirty Eight	Sarun yo dul
39	Thirty Nine	Sarun ahop
40	Forty	Mahun

**BAR CHAGIE** (Basic kicks)**GYORUGY JAZAE** (Fighting Stance)

---

Podo Oligui	Rising Leg Kick
Ap Chaggie	Front Kick
Pique Chaggie	Roundhouse Kick
Yop Chaggie	Side Kick
Bacat Chaggie	Crescent Kick to Outside
An Chaggie	Crescent Kick to Inside
Tchigo Chaggie	Axe Kick
Dolio Chaggie	High Roundhouse Kick
Mido Chaggie	Push Kick
Ti Chaggie	Back Kick
Ti Dolio Chaggie	Spinning Hook Kick
Timio Ti Chaggie	Jumping Back Kick
Timio Ti Dolio Chaggie	Jumping Spinning Hook Kick
Naraban Chaggie	Butterfly Kick

## KIBON DON JAK (Basic stances and hand techniques)

### NARANI (Shoulder Stance)

#### APKUBI (Front Stance)

---

Arae Makki	Low Block
Monton Thirugui	Middle Punch
Orgule Makki	Face Block
Pyonsoncut Seuo Thirugie	Middle Target Spear Finger Strike
Jebipoom Moc Chiggie	Palm Rising Block with Neck Strike
Dung Jumoc Ap Chiggie	Front Back Fist Strike
Palgub Dolio Chiggie	Elbow Strike
Palgub Chiggie	Elbow Strike to Palm
Hansonal Bitro Makki	Single Knife Hand Twist Block
Orgule Bacat Makki	High Outer Block
Batanson Monton Makki	Palm Middle Block
Kawe Makki	Scissor Block
Hecho Makki	Cross Block
Utgoro Makki	Low "X" Block
Waysantul Makki	Mountain Block
Tuc Chiggie	Chin Strike/Upper Cut

#### ABSOGI (Walking Stance)

---

Jebipoom Hansonal Moc Chiggie	Knife Hand Neck Strike
-------------------------------	------------------------

#### TUI KUBI (Back Stance)

---

Sonal Godolo Makki	Double Knife Hand Middle Block
Hansonal Monton Makki	Single Knife Hand Middle Block
Bacat Palmoc Makki	Outer Arm Middle Block
An Palmoc Makki	Inner Arm Middle Block
Sonal Arae Makki	Double Knife Hand Low Block
Godolo Bacat Makki	Double Arm Outer Block
Godolo Bacat Arae Makki	Double Arm Outer Low Block

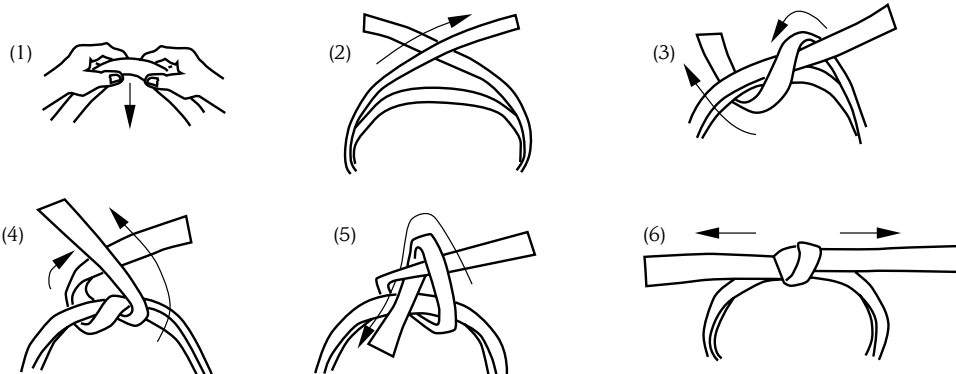
#### BOOMSOGI (Tiger Stance)

---

Bantanson Monton Makki	Palm Middle Block
Monton Makki	Middle Block
Dung Jucmoc Ap Chiggie	Front Back Fist Strike

10th Gup	White Belt	Purity – No knowledge of Taekwondo
9th Gup	Yellow Belt	Sunrise – Opening to receive knowledge
8th Gup	Orange Belt	Sunset – Promise of a better tomorrow
7th Gup	Green Belt	Plant – Growth
6th Gup	Purple Belt	Power – The royal color of majesty
5th Gup	Blue Belt	Sky – Unlimited boundaries
4th Gup	Red Belt	Fire – Caution
3rd Gup	High Red Belt	Volcano – Fire creating Earth
2nd Gup	Brown Belt	Earth – Solid like mountains
1st Gup	High Brown Belt	Maturity – Ready to face responsibility
1st Dan	Black Belt	Completion of a life cycle and a beginning of a new life

## How to Tie a Belt:



## MINIMUM TIME REQUIRED TO TEST



The table below shows the minimum amount of time and number of classes required to be eligible to test. This applies to all students unless they are enrolled in a private lesson program or receive permission from Master Kim.

<b>CURRENT BELT COLOR</b>	<b>TIME</b>	<b>CLASSES</b>
White	Not specified	Not specified
Yellow	2 months	20 classes
Orange	2 months	20 classes
Green	3 months	30 classes
Purple	3 months	30 classes
Blue	4 months	40 classes
Red	4 months	40 classes
High Red	5 months	50 classes
Brown	6 months	60 classes
High Brown	6 months	Not specified

Students in the Little Dragon and Children's programs will earn stripes towards their next belt. Stripes prove to be a good way to help our younger students set intermediate goals and understand that one cannot always jump immediately to "the big prize", but many times it is important to set smaller goals along the way to achieving a larger goal. The stripe system also helps students understand what they need to know and what a reasonable amount of time is to learn and develop an intimate understanding of their curriculum. Students of all belt colors from white to brown will need to earn four stripes of their next color belt in order to test for their next rank.

In addition to the four colored stripes, students will need to earn white stripes. White stripes are earned based on merit. Students can earn white stripes for a variety of behaviors including, but not limited to, working hard, exceptional discipline and respect, or setting a positive

example outside of the Dojang. White belts are not required to earn white stripes. Yellow, orange, green, or purple belts need to earn at least one white stripe. Students who are blue, red, high red, or brown belts need to earn at least two white stripes to test.

First degree black belts under age 13 (in the children's program) will also earn stripes. Stripes are awarded for each of the new forms that they are required to learn.

The tables on the next page show what students (Little Dragons and Children) need to know and approximately how many classes they need to attend to earn each stripe. Instructors retain the right to promote students more quickly or slowly than described below based on a variety of factors including behavior and skill level. Please note that the number of classes for the last stripe is less than the required number of classes to test as students should know everything ahead of time and polish their technique prior to testing.

## COLOR BELT STRIPE SYSTEM:

Belt Color	1st Stripe		2nd Stripe		3rd Stripe		4th Stripe	
	Classes	Requirements	Classes	Requirements	Classes	Requirements	Classes	Requirements
White	3	Blocks	6	Kicks	9	Form footwork	12	Full form
Yellow	4	Kicks and hand techniques	8	One-third of form	12	Two-thirds of form	16	Full form
Orange	5	Kicks and hand techniques	10	One-third of form	15	Two-thirds of form	20	Full form
Green	7	Kicks and hand techniques	14	First half of form	21	Two-thirds of form	28	Full form
Purple	7	Kicks and hand techniques	14	One-third of form	21	Two-thirds of form	28	Full form
Blue	8	Kicks and hand techniques	16	First half of form	24	Full form	32	One step sparring
Red	8	First half of form	16	Full form	24	One step sparring	32	Knee sparring
High Red	10	First half of form	20	Full form	30	One step sparring	40	Knee sparring
Brown	13	Chongi	26	Tangoon	39	Dosan	52	One step sparring and knee sparring

## 1ST POOM BLACK BELT STRIPE SYSTEM:

Stripe Color	Requirement	
	Time Since Black Belt Test	Form
White	2 months	Koryo
Yellow	4 months	Yul-gok
Orange	6 months	Joong-gun
Green	8 months	Toi-gye
Purple	10 months	Hwarang
Blue	12 months	Choongmoo
Red	14 months	Kwanggae

*In order to test to the next level, you must fill out the application.*

**The World TaeKwonDo Federation and  
J.W. Kim's TaeKwonDo  
APPLICATION FOR PROMOTION TEST**

**TESTING FEE: White to Purple Belt: \$75, Blue to Brown Belt: \$95 (For make up test add \$25)**

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Current Belt: \_\_\_\_\_ Belt Size (circle one): 0 1 2 3 4 5 6

Parent/Guardian's Email: \_\_\_\_\_

**I hereby submit this application to the promotion board in accordance with the rules of The World TaeKwonDo Federation and J.W. Kim's TaeKwonDo**

Student Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent or Guardian's Signature: \_\_\_\_\_

**Candidate's Score**

**Examiner's Remarks:**

<u>Movements</u>	<u>Points</u>	<u>Movements</u>	<u>Points</u>
Poomse	_____	Stance	_____
Bar chagie	_____	Power	_____
Kibon Donjak	_____	Kie Hap	_____
Bo Gyrougie	_____	Concentration	_____
Terminology	_____	Discipline	_____
Gyorugie	_____	Kyopa	_____
<b>Average Point:</b>	_____	<b>Rank to be Awarded:</b>	_____

Point System:

A: Excellent

B: Good

C: Satisfactory

D: Minimum Passing Grade

F: Failure

**Examiner's Signature:**

\_\_\_\_\_